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Abstract. This paper reviews recent human studies on the bioavailability of dietary flavonoids and related compounds, including chlorogenic acids and ellagitannins, in which the identification of metabolites, catabolites and parent compounds in plasma, urine and ileal fluid was based on mass spectrometric methodology.

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## Bioavailability of dietary flavonoids and phenolic compounds

Flavonoids and Related Compounds: Bioavailability and Function examines current knowledge regarding the absorption, metabolism, and bioavailability of individual flavonoids and related phenolic ...

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## Flavonoids and related compounds: Bioavailability and function

Flavonoids exert a multiplicity of biological effects on humans and can have beneficial implications for numerous disease states. Flavonoids and Related Compounds: Bioavailability and Function examines current knowledge regarding the absorption, metabolism, and bioavailability of individual flavonoids and related phenolic compounds.

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Bioavailability of Dietary Monomeric and Polymeric Flavan-3-ols Flavan-3-ols are the most complex subclass of flavonoids, ranging from the simple monomers to the oligomeric and polymeric proanthocyanidins, which are also known as condensed tannins.

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for the analysis of flavonoids and related compounds in foods and biological samples has significantly enhanced our understanding of (poly)phenol bioavailability. These advancements have also led to improvements in the available food composition and metabolomic databases, and A. Rodriguez-Mateos

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## Bioavailability, bioactivity and impact on health of ...

Flavonoids are natural polyhydroxylated compounds with proved positive impact on human health.

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## (PDF) Bioavailability and metabolism of flavonoids

In recent years, the use of HPLC-MS for the analysis of flavonoids and related compounds in foods and biological samples has significantly enhanced our understanding of (poly)phenol bioavailability. These advancements have also led to improvements in the available food

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composition and metabolomic databases, and consequently in the development of biomarkers of (poly)phenol intake to use in epidemiological studies.

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This article will summarise recent findings on the bioavailability and biological activity of (poly)phenols, focusing on the epidemiological and clinical evidence of beneficial effects of flavonoids and related compounds on urinary tract infections, cognitive function and age-related cognitive decline, cancer and cardiovascular disease.

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